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Selinsgrove resident
Chrissy Findlay
is back to her
favorite activities
after undergoing
a lumpectomy for
stage 1 breast cancer.

HEALTH

CHRISSY FINDLAY SHARES
THREE CRITICAL LESSONS
SHE LEARNED FOR NAVIGATING
A BREAST CANCER DIAGNOSIS

After lacing up her running shoes, 47-year-old Chrissy Findlay hit the same path she's been running for years. This time, though, felt special. "I felt like I was headed back to my life before cancer. The sun was shining and I felt amazing."

Findlay's journey to this amazing day began in February 2019 when her annual mammogram, conducted at Evangelical Community Hospital's Thyra M. Humphreys Center for Breast Health, eventually led to a diagnosis of invasive ductal carcinoma breast cancer. Within weeks, the Selinsgrove resident was scheduled for a lumpectomy. Just three weeks post-surgery, she was cancer-free—and sprinting toward a bright tomorrow.

Part of putting breast cancer behind her is doing what she can to help other women navigate the disease. And to do this, she shares three essential messages.

MAKE YOUR HEALTH A TOP PRIORITY.

Findlay emphasizes the importance of annual mammograms. "My cancer was diagnosed at stage 1—the earliest and most treatable point. And it's not that I'm lucky. Detecting cancer at an early stage was the result of having an annual mammogram."

To help educate as many women as possible—both young and old—Findlay is determined to share her story. Perhaps she'll even give someone a lifesaving wake-up call—like the one she herself received. "I've always lived a healthy life, I've stayed active, and there's no breast cancer in my family," Findlay says. "So I kept putting off getting a mammogram. Then my father had a stroke. We watched this healthy, marathon-runner and yoga enthusiast decline and then pass away. It woke me up to the importance of taking care of my own health, so at 44, I scheduled my first mammogram. No one is exempt from disease."

TAKE ADVANTAGE OF NEWER BREAST SCREENING TECHNOLOGY.

Breast screenings today include newer technologies that can better detect breast cancer—those technologies are available at Evangelical's Center for

BREAST SELF-EXAM QUIZ

How often should a breast self-exam take place?

- A. Once a week
- B. Once a month
- C. Once a year

Answer: B—Once a month. A significant percentage of breast cancers are detected by women who feel a lump, so doing a regular breast self-exam is very important.

Breast self-exams can only be done in the shower.

- A. True
- B. False

Answer: B—False. Good breast self-exams can be performed monthly in the shower, in front of a mirror, or when lying down. All are good ways to familiarize yourself with what is normal for your breast tissue.



When noticing changes in the breast, it's okay to just assume they are normal changes.

- A. True
 - B. False
- Answer: B—False. Knowing what is normal for you and your own breasts is key in staying healthy. When you notice something different, report the changes to your healthcare provider and schedule a clinical exam for peace of mind.

Breast self-exams are all that need to be done to prevent breast cancer.

- A. True
 - B. False
- Answer: B—False. Self-exams are vital to maintaining health, but should be used in conjunction with yearly mammograms for women over the age of 40 and with ultrasounds for women with dense breast tissue.

istock.com: Kaelerian

Findlay says she always felt very connected to her remarkable healthcare team at Evangelical.



LEARN MORE

For more information about breast health services and resources, go to evanhospital.com/breasthealth.

Breast Health. Findlay feels, “Too many women don’t elect to take advantage of the opportunity for a closer examination.”

Findlay learned after her first mammogram at the Center for Breast Health that she has dense breast tissue. A technician called with the update and reassured Findlay that there was no cause for alarm. Almost 50% of women age 40 and older have dense breast tissue. However, the technician added, dense breast tissue makes it difficult to detect breast cancer, so it was recommended that Findlay have a whole breast ultrasound. Leaving nothing to chance, that’s what she did.

“This year the ultrasound showed something suspicious,” Findlay says. “I was called back in for a handheld ultrasound and within 10 minutes of that procedure, my doctor told me he wanted to do a biopsy.”

Findlay remembers being frightened about the biopsy, but at the same time she was impressed with how quickly the Center for Breast Health team lined up every diagnostic test for her. “My nurse navigator explained everything,” she says. “At the same time, she understood that waiting around is not something a patient wants to do when talking about breast cancer. Everyone understood. That level of compassionate care set the stage for me. No matter what came next, I knew I was in good hands.”

LEAN ON YOUR MEDICAL TEAM FOR STRENGTH.

Findlay’s third message is the toughest, she admits. “I learned that asking for help isn’t a weakness; it’s a sign of strength,” she says.

“The Breast Center nurse navigators, nurses, and doctors were always there for me—with information, education, and support throughout my diagnosis and treatment process. Often I didn’t even have to ask for help. They just seemed to appear with the encouragement and comfort I needed at that exact moment. I’m not sure how I would have made it through this journey without the Breast Center team. They were my rocks.”

When recalling the emotional care she received, Findlay quickly shares the fateful day when the call came that the breast biopsy was positive. “I remember falling into a chair and feeling panic I’d never known. It was only a 20-minute phone conversation, but my nurse navigator filled every minute with such compassion, empathy, and support. I was surprised at how hopeful I felt when the call ended.”

Then there was the meeting with John Turner, MD, FACS, Breast Surgeon and Medical Director of Cancer Services at Evangelical’s Thyra M. Humphreys Center for Breast Health. “My nurse navigator and my husband were both with me at the

meeting. We all listened to Dr. Turner explain everything—my disease, the lumpectomy process, and the radiation treatment I would need. He gave me so much time. I knew I wasn’t his only patient, but that’s how I felt.”

As for One Day Surgery at Evangelical, Findlay says it eased her recovery. “I had the lumpectomy in the morning and was home by 3 pm. I never felt rushed to get in and out of the Hospital. If I needed to stay, the doctors would not have discharged me. But at the same time, everyone at the Hospital was very supportive of me wanting to get home—to be in my own bed and with my family beside me.”

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CONNECTING WITH RECOVERY

“It wasn’t an easy journey because there is so much information to absorb and understand,” Findlay

recalls. “But I always felt so connected to this remarkable healthcare team. They were always ready to help me unravel what I needed to learn. I just had to phone or send an email and a response came before I knew it.”

That left Findlay free to focus on getting healthy, and, of course, getting back to running.

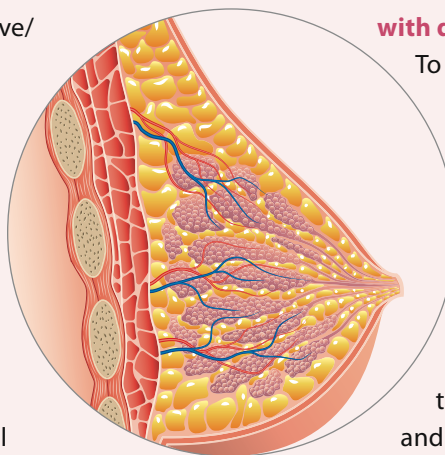
COMMON QUESTIONS ABOUT DENSE BREASTS

What is a dense breast?

Dense breast tissue means that the breast has less fatty tissue and more connective/fibrous and glandular tissue.

Why is it important to identify dense breast tissue?

Nondense fatty tissue appears dark and transparent on a mammogram while dense connective/fibrous and glandular tissue appears white. Cancer also appears white on a mammogram. So dense breast tissue can mask cancer and make a traditional screening mammogram less effective at detecting breast cancer. For this reason, Evangelical’s Thyra M. Humphreys Center for Breast Health offers a number of technically advanced imaging options for breast health screenings and diagnosis.



What breast imaging options does the Center for Breast Health offer patients with dense breast tissue?

To help identify breast cancer at the earliest and most curable stage possible, Evangelical’s Center for Breast Health offers the latest technology in mammography. The Center recommends a 3D mammogram for all women—particularly those with dense breast tissue—due to the technology’s clear, accurate, and high-resolution images. At

Evangelical, a 3D mammogram may be combined with a 3D sono-v™ ABUS Platinum ultrasound or an MRI for high-risk patients, a system designed specifically for patients who have dense breast tissue.